



**RMSC, ROCKVILLE SITE - FALL PRACTICE SCHEDULE**  
**BEGINNING OCTOBER 12 THROUGH NOVEMBER 15 2015**

**INSTRUCTIONAL STROKE SCHOOL**

MON., WED. FRI:	7:00 - 8:00 p.m.	MC Rockville
SUNDAY:	8:00 - 9:00 a.m.	North Pool

**JUNIOR II**

MON., WED., FRI.:	8:00 - 9:00 p.m.	MC Rockville
TUESDAY & THURSDAY:	4:45 - 6:00 a.m.	North Pool
SATURDAY:	10:30 - 11:30 a.m.	KSAC Pool

**JUNIOR I**

MON - FRI:	4:45 - 6:00 a.m.	North Pool
TUESDAY:	4:30 - 6:00 p.m.	North Pool
SATURDAY:	7:30 - 9:00 a.m.	North Pool

**SELECT JUNIOR**

MON - FRI:	4:45 - 6:00 a.m.	North Pool
TUESDAY & THURSDAY:	4:30 - 6:00 p.m.	North Pool
SATURDAY:	7:30 - 9:00 a.m.	North Pool
SUNDAY:	6:00 - 8:00 a.m.	North Pool

**SENIOR DEVELOPMENTAL & HIGH SCHOOL TRAINING**

MON., WED., FRI:	3:30 - 5:00 p.m.	North Pool
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**SENIOR III**

MON., WED., FRI:	3:30 - 5:00 p.m.	North Pool
SATURDAY:	9:30 - 10:30 a.m.	KSAC
SUNDAY:	6:00 - 8:00 a.m.	G-Burg Aquatic

### **ADVANCED SENIOR GROUP**

MON., WED., FRI.:	3:30 – 5:00 p.m.	North Pool
MON., WED., FRI:	4:45 - 6:00 a.m.	North Pool
THURSDAY:	4:30 - 6:00 p.m.	North Pool
SUNDAY:	6:00 - 8:00 a.m.	G-Burg Aquatic

### **NATIONAL TRAINING GROUP:**

MON, WED, FRI:	4:45 - 6:15 a.m.	G-Burg Aquatic
TUES, THURS:	4:45 – 6:30 a.m.	G-Burg Aquatic
MON, WED, FRI:	3:00 – 5:00 p.m.	G-Burg Aquatic
SATURDAY:	5:30 - 8:00 a.m.	G-Burg Aquatic

### **LOCATIONS**

North Pool = Rockville Swim and Fitness Center North Indoor Pool, 355 Martins Lane, Rockville MD 20850

MC Rockville = Montgomery College Rockville Campus Swimming Pool in Physical Education (PE) Building, 900 Hungerford Drive, Rockville MD 20850. Use Parking Lot 11 accessed off Mannakee Drive.

KSAC Pool = Kennedy Shriver Aquatic Center, 5900 Executive Boulevard, Rockville MD 20852

G-Burg Aquatic = Gaithersburg Aquatic Center, 2 Teachers Way, Gaithersburg MD 20877

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Please contact Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) or 240-314-8755 with any questions. Thank you for your continued flexibility, patience and support as we move forward on the South Pool Renovations project.